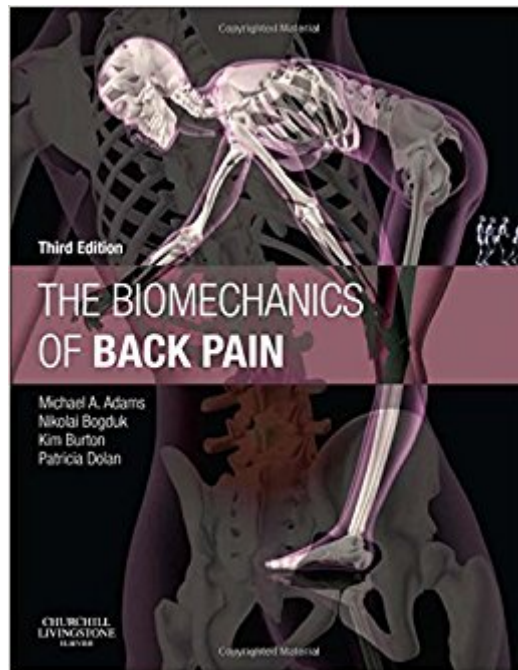




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# The Biomechanics Of Back Pain, 3e



## Synopsis

Authored by experts of international renown, the new edition of *The Biomechanics of Back Pain* forms a bridge between the latest research and the effective clinical management of patients with back problems. Now published for the first time in full colour, this popular volume now has a bonus website which contains useful PowerPoint presentations, including seminars entitled *Back Pain and Forces on the Spine* as well as an overview of the *Psychosocial Flags Framework*. The *Biomechanics of Back Pain* is essential for all clinicians involved in the care and treatment of patients with back pain, as well as for those studying its causes and methods of prevention. "As more than half the content of this book is of direct relevance to OH professionals, I have no hesitation in recommending that it has a place on our bookshelves." Reviewed by: John Challenor, *Oxford Journals Clippings*, *Occupational Medicine*, vol 64, no 7, Date: Oct 2014

Established authoritative text for clinicians, lecturers, researchers and those working in the medico-legal arena  
Emphasizes the latest perspectives in research and shows how it is now leading to advances in clinical methodology  
Provides an overview of the best original research – including more than 350 new references – to provide researchers with the latest and most important information relating to back pain  
Contains over 150 full-colour line artworks and more than 60 photographs  
Additional chapters devoted to Sensorimotor Control, and Cervical Spine Anatomy and Biomechanics  
Includes more than 350 new references  
Now published in full colour with improved page design and navigation  
Bonus website containing useful PowerPoint presentations, which include seminars entitled *Back Pain and Forces on the Spine* as well as an overview of the *Psychosocial Flags Framework*

## Book Information

Hardcover: 336 pages

Publisher: Churchill Livingstone; 3 edition (September 21, 2012)

Language: English

ISBN-10: 0702043133

ISBN-13: 978-0702043130

Product Dimensions: 7.6 x 0.9 x 9.8 inches

Shipping Weight: 5.1 pounds (View shipping rates and policies)

Average Customer Review: 3.5 out of 5 stars 4 customer reviews

Best Sellers Rank: #403,292 in Books (See Top 100 in Books) #41 in *Books > Textbooks >*

*Medicine & Health Sciences > Alternative Medicine > Chiropractic* #53 in *Books > Health, Fitness*

## Customer Reviews

Review quotes from previous editions This book is an excellent addition to the literature on back pain. Biomechanics is fundamental to understanding the physical basis of back pain, but many biomechanical textbooks are very technical and difficult for the non-specialist. What is new and different about this book is that it presents complex ideas very simply and clearly, and applies them to the clinical situation. This volume is to be highly recommended to all doctors and therapists who deal with patients with back pain. Professor Gordon Waddell DSc, MD, FRCS Orthopaedic Surgeon, Glasgow [] This excellent book presents in one location a synthesis of much of the recent literature on the mechanical factors contributing to low back pain. The logic of the text is easy to follow and each chapter builds upon concepts and ideas presented in earlier chapters. I can think of few books to compare to it and I recommend it highly. Dana J Lawrence, DC, MMedEd, MA(Palmer College of Chiropractic) It is refreshing to see a book that interprets and integrates the literature instead of simply repeating studies. W.S. Marras, Biodynamics Laboratory, Ohio State University The book is one of the most evidence-based books on the market. The authors are research active and always updating their knowledge. Principal Lecturer in Physiotherapy, University of Cumbria "The final remarks of the authors includeâ •â ^There is good evidence that the psychosocial characteristics of many patients with chronic back pain are not the underlying cause of the problem; rather they are a response to vague diagnosis, ineffective treatment and a â œcompensation culture&#x94;.â™ As more than half the content of this book is of direct relevance to OH professionals, I have no hesitation in recommending that it has a place on our bookshelves." Reviewed by: John Challenor,Â Oxford Journals Clippings,Â Occupational Medicine, Â vol 64, no 7, Date: Oct 2014

I commenced research into spinal pain, in 1972, when essentially nothing was known about the problem. There being no established groups or departments working on this problem, I forged my own career, using borrowed resources. I commenced in a Department of Anatomy, where I pursued the innervation of the vertebral column as a fundamental element in understanding the sources and mechanisms of spinal pain. Professor Jim Lance fostered this interest, and accommodated my PhD studies. In his department I continued my anatomy studies but was able also to commence clinical applications. I developed and tested new diagnostic and surgical procedures for back pain and for neck pain. While in Professor Lance's Department, I participated in laboratory studies of the

mechanisms of migraine. At the University of Queensland I continued to develop and apply the diagnostic and surgical techniques that I started at the University of NSW, serving as an honorary medical officer at the Pain Clinic of Princess Alexandra Hospital. Meanwhile I supervised science and medicine postgraduate students who undertook basic science studies into the biomechanics of the back and neck. At the University of Newcastle, I had established a reputation sufficient to attract a grant from the Motor Accidents Authority of NSW to investigate the cause and treatment of neck pain after whiplash. The grant supported three PhD students over a six year period. They performed studies that validated the diagnostic procedures and which tested the surgical procedures in a placebo-controlled double-blind randomized trial. Having established an international standing in the development and testing of treatments for spinal pain, I participated in the design and analysis of controlled trials conducted elsewhere in Australia and in the USA. These tested the efficacy of: lumbar radiofrequency neurotomy for back pain, intradiscal electrothermal anuloplasty for back pain, prolotherapy for back pain, exercises for neck pain. Between 1997 and 2002 I conducted the National Musculoskeletal Medicine Initiative which developed and tested evidence-based practice guidelines for the management of back pain, neck pain, shoulder pain, knee pain, and pain in the foot, wrist, and elbow. My work has been awarded the Volvo Award for Back Pain Research, the Research Prize of the Cervical Spine Research Society, the Award for Outstanding Research of the North American Spine Society, and three times the Research Prize of the Spine Society of Australia. My students have been awarded research prizes by the International Association for the Study of Pain, the Australian Rheumatology Association, and the Australian New Zealand College of Anaesthetists. I have never had a funded department to which to attract investigators and academics. I have relied on scholarships for students, and the goodwill of private practitioners who wished to contribute to clinical research. Of late, I have been supervising Neurosurgery residents undertaking studies of the outcomes of treatment for Radicular pain and back pain.

The book was disappointing. I thought it would be a book that would go into detail about the biomechanics of back pain in terms of rehabilitation. Although the authors spend time discussing the biomechanics of forces acting on the spine in terms of sitting, standing, bending, and lifting, they do not apply this information to how spinal loads may impact recovery from back pain. They say that graded exercise is an important factor in recovery, but make no mention of which exercises might be helpful and which harmful, even though they acknowledge this possibility earlier in the book. For example, sit ups have been shown to be bad for the back, even with knees bent as they increase spinal loads in the flexed position. No mention is made of this. Rather the authors have chosen to

discuss nonspecific back problems and recommend treatment in a general way. They do point out that a great many treatment are not effective, such as prolotherapy, for example. That is helpful. I would highly recommend Stuart McGill's book, Low back disorders, evidenced-based prevention and rehabilitation, because he goes into great detail about the biomechanics of everyday activities and how they can contribute to back pain, and how correcting bad biomechanics would be important for recovery. All of his work is based on extensive empirical research. The authors of this book mention how good biophysics are helpful, but do not discuss any of them. The good news is that Stuart McGill has revised and updated his book and a new edition will be published. He is also writing a book for the general public.

The interaction of the complex anatomy and function of the lumbar spine was particularly interesting. The only text of its' type. A thorough review of a very important subject. Disability associated with lumbar spine conditions has exploded in the last 20 years. This book is a must for Workers Comp reviewers, disability managers, orthopedists and spine surgeons.

This book is very valuable to all clinicians. Excellent visuals, pleasant and precise style, huge reference list. A must read!

I purchased this book thinking that it would be a great addition to understanding back pain. I am sad to say that it is not. I pre-purchased this book, waited for it to come and all I can say is it was a dissapointment. First, the title does not fit the book. It should have been titled, spinal biomechanics. It covers the anatomy of the spine in great detail. The chapter on Back Pain was really weak and poorly covered. They gave a brief explanation but did not do their research on the topics well enough (in my opinion). After a brief explanation, the paragraphs ended with stating that there was no objective data. I was especially dissapointed when there was a lack of knowledge mentioning of the many treatments that have worked to reduce back pain. There are many textbooks that talk about rehabilitation that blows this book out of the water. This to me seemed like a scaled down version of Hall and Guyton's Textbook of Medical Physiology. I would recommend this book for a high school Anatomy and Physiology Class. I feel that I wasted my money.

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